WICKED

On Wednesday 19th November, Canobolas Music students Year 7-12, Miss Aldrick, Mr Pelley and Mr Squiggle travelled to Sydney to see WICKED: The Musical. Canobolas Music took an excursion to see the 2009 production, and the 2014 production was just as brilliant if not better.

The music, the costumes, the singing, the dancing – we were all spellbound by “The Wizard and I,” “Defying Gravity” and all the other showstoppers of this musical extravaganza.

After the show we met some of the cast.

Vocal Workshop with Mr Richard Gill

On Friday 21st November, ViiVox and VocE choir students were a part of the Combined Secondary School Choral Workshop with Mr Richard Gill at Orange Regional Conservatorium. We all learnt interesting things about our voices, singing technique, music history and music appreciation of the works we had prepared. All students thoroughly enjoyed the full male and female choral sound of Sweeney Todd and the accompanying history lesson.

Mr Richard Gill is an exponent of the value of music education and a humorous entertainer and teacher alike.

Richard Gill explained that:

♫♪ Reading sheet MUSIC to interpret pitch and duration and realise it vocally/instrumentally, IS THE ONLY ACTIVITY that engages BOTH SIDES OF THE BRAIN simultaneously. ♫♪
Star Performer – Ellena Hicks

Ellena Hicks recently auditioned for a 2015 Scholarship through Orange Regional Conservatorium and was successful in winning the Blayney Shire Scholarship. She was competing against people from as far as Bathurst to win the prize. This scholarship is for ongoing music lessons in 2015.

She also auditioned to be a part of the National Gondwana Choral School next year. She was involved earlier this year as well. For her audition Ellena had to sing songs and answer theory questions. She was again successful in gaining a place in this coveted national children’s choir. Ellena is excited to be a part of this choir, where she will learn from the best Australian choral composers, conductors and tutors.

Further to these successes, Ellena has her Grade 4 AMEB Singing examination in Penrith this weekend. She achieved a B+ for her Grade 3 exam earlier this year.

Ellena learns singing with Samantha Bartholomeusz at Orange Regional Conservatorium. Samantha also takes our school choirs on Thursdays.

Arts News

Year 7 Artists
Students in Year 7 art classes are completing canvas paintings of famous characters and personalities. Here are a couple of examples from Alexander Miller and Tamika Totten in 7 Art1.

Art Exhibition
Art students from Years 10 and 12 entered eight works into the Cowra Regional Art Gallery's Upstart exhibition. This exhibition of 96 works from 9 Central West high schools, incorporated a range of mediums from drawing and painting, to mixed media and photography, sculpture and craft. At the opening ceremony on Saturday 22nd November prizes were awarded for outstanding works in a number of categories. Chloe Sanders of Year 12 won best drawn work for her entry "Parliament" based on owls. She was commended for the technique of her pencil work and subtlety of tone by judge Christine Bennett, a local artist and teacher. Chloe was also First in HSC Visual Arts this year. Jake Fienie won first prize for Best Work by a Year 10 student and Madison Ewins was Highly Commended for their Mixed Media works based on Carcoar after an excursion to the village in Term 3. All the students and their families attended the opening in Cowra along with Art Head Teacher Geoff Pelley. Congratulations to Zoe Jordan, Alicia Chiofalo, Alexandra Brown, Madelyn Penrose and Kirstin McIntyre who also have their artworks hung in a Regional Art Gallery.
From the Principal’s Desk

Dear Parents and Members of our School Community

Welcome to another edition of our newsletter. With only a couple of weeks to go until the end of the year our school is continuing to focus on the most important thing in our school, teaching and learning. There is an expectation that even though all of our exams are over, our students are continuing to participate and actively engage in learning right up until the end of the school year. It is important that you continue to send your child to school and they understand that the expectations remain the same.

CHPA Launch

Last week I had the pleasure of attending the launch of the Canobolas High Performance Athletes Program. This program has been designed to support some of our high performing athletes across a range of sporting endeavours and we are extremely excited about the opportunities that will be presented to our students over the coming 12 months. We will be offering expressions of interest in 2015 for the next intake of athletes and encourage you to speak with our high performance director Mr Mark Skein for further information.

Year 12 Graduation

Last Friday, our Year 12 students attended their final function as a student of The Canobolas Rural Technology High School, their Graduation Ceremony. I was humbled at the success of our students and how they have grown over their time at our school. The students looked amazing and conducted themselves with pride and integrity. Thankyou also must go to the organisers of the event. Ms Ammie Hourigan – Year 12 Year Adviser and the Hospitality staff for their outstanding efforts in bringing together such a wonderful event.

School Spectacular

Our Dance ensemble students and Aboriginal Dance students are currently rehearsing for the 31st Schools Spectacular which is to be held on Friday and Saturday this week. Our girls have worked extremely hard over the past six months to prepare for this event and I encourage you all to take the opportunity to watch the event on Saturday evening at 7pm on Channel Nine.

Student of the Term

Congratulations to the following students who were named student of the term at our term four assembly on Tuesday. I would also like to congratulate all medallion recipients on their wonderful achievements at our school this year.

Yr. 7 - Catherine Nicholson
Yr. 8 - Jack Connors
Yr. 9 - Maddison Youngman
Yr.10 - Charmaine O’Malveney
Yr.11 - Kyrra Charman and Siena Boland.
**Medallion Recipients**

Yr. 7 - Bronze - Sidney Ewins  
- Holly Tindall  

Yr. 8 - Bronze - Natasha Ambachtsheer  
- Jack Connors  
- Krystal Fisher  
- Shearalee-Lyn Jenner Drinan  
- Silver - Jack McGinley  

Yr. 9 - Bronze - Lacey Duncan  
- Richard Michael-Mackay  
- Christy Newport  
- Silver - Georgia Kiel  
- Benjamin Zegzula  

Yr. 10 - Silver - Emily Melnik  

Yr. 11 - Bronze - Samantha Clifford  
- Silver - Caleb Furlonger

**Presentation Evening**

A reminder that our annual presentation evening will be held in the school hall on Wednesday 10th December 2014 beginning at 7.45pm. All students receiving awards will receive a letter in the mail on Monday 1st December. If you have not received a letter and believe your child is receiving an award, please contact the school immediately.

I hope you have a wonderful fortnight and I look forward to speaking with you through our last newsletter for the year in week 10.

With my warmest regards

Chad Bliss  
Principal

**University Visit**

Recently, students from the University of Notre Dame visited the school to present on the options available in regards to tertiary education. The university students spoke to our year 10 and 11s about the pathways they took in becoming a university student. The year 10 and 11s also experienced some of the practical and medical based activities students perform at University. The Canobolas students enjoyed putting plaster casts and neck braces on each other. They also learnt to check pupil dilation, blood pressure and participated in an internal anatomy challenge. Students also got to see how effective their hand washing techniques were when being inspected under a blue light. Needless to say, some students were unpleasantly surprised.

A big thank you should go out to the University of Notre Dame and Mr Marriott for organising the day. Our participating students should also be congratulated on the manner in which they conducted themselves.
PhyzX physiotherapy and exercise physiology and pilates, Charles Sturt University School of Human Movement, Jacqueline Jasprizza Dietetics and Nutrition, Colour City and HQ Dance, Hockey NSW, Cricket NSW and Rock the Rim Basketball Coaching are all on board to provide students of the central west with a program of specialised coaching, strength and conditioning, fitness testing and assessment and injury risk management, sports psychology and nutrition consultation in a program that is a first of its kind west of the Blue Mountains.

The Canobolas Rural Technology High School’s High Performance Athletes Program was launched on Wednesday night at the school’s state of the art health centre where over 50 people were invited to the launch. Community business partners and Charles Sturt University have come on board to support this group of select athletes in not only their sporting ventures, but their academic studies as well. “It is all about balance and maintenance” stated PhyzX’s owner/director Justin Johnson.

Welcomed by Principal Chad Bliss, parents and athletes received information about the introduction of the program from a variety of supporters all on board to maximise the performance and success of Orange sporting elite.

Five $500 scholarships were presented to successful recipients from The Canobolas Rural Technology High School to support students during the 2015 year. Justin Johnson from PhyzX wishes a program of this nature and stature was around when he was an elite student athlete “this is exactly what every student who is successful at a sport needs...this is why we are on board”. Mr Bliss from Canobolas High School explained that the support that the students in this program will receive throughout 2015 and beyond is unheard of anywhere else. Frank Marino Head of School- Charles Sturt University Human Movement Studies could not be present but he has indicated in consulting with the program that “this program and link with tertiary education and his school is ground breaking for Australia. “It is developing practice in the US and Canada” but he has not heard of a school program in Australia that will cater for the youth pre-elite athlete linked directly to a University.

Dr Melissa Skein- Lecturer- School of Human Movement Studies Charles Sturt University spoke on behalf of Professor Frank Marino about the Universities role in providing state of the art exercise testing and research facilities and consultative staff and the importance of research and development in the area of sports science. Parents and athletes were exposed to some of the more invasive and interesting testing procedures that leading university researchers are conducting in the area of sports science.

Justin Johnson- Owner/Director PhyzX took an interesting line pointing out that ‘our body is like a racing car, it takes a lot of maintenance and needs to be looked after correctly to perform at it’s absolute limits” He explained to the athletes that “we live for around 4000 weeks and it is what we acquire, learn and do in the first 1000 weeks determines what happens to us in the final 3000 weeks. Justin and his team physiotherapists, exercise physiologists and pilates instructors will be regularly working with the athletes to prescribe training programs, monitor and instruct the athletes in recovery and empower them to look after their bodies and get the most out of their training.
Jacqueline Jasprizza - Dietician and Nutrition Consultant who has had children of her own perform at school, regional, state and national levels outlined the importance of her role in the program and that she will be working closely with the group to tailor individual nutrition plans and assist the athletes in getting the correct energy balance for competition and training as well as weight management for maximum performance.

Dance teachers Kate Foran - Colour City Dance and Emily Goodwin - Dance HQ are keen to be working with the specialist CHPA dance troupe. The girls are keen to be developing routines and choreographing moves to take on the regional eisteddfod circuit come 2015.

The boys were eager to talk to Grant Cole - Rock the Rim and Carmen Dederer from Orange Basketball Association about their exciting new programs and how they can tailor their training to get the most out of their performance on the court.

Louise Rose - CHPA Academic Support Coordinator presented the students each with a comprehensive folio to complete, establishing academic goals and commencing to collate the requirements the 2015 school year will bring for the students...with a heavy training, competing and academic calendar it is all about balance. Being able to manage your life as a student athlete is the key to being successful. Support will be provided to athletes directly at the school via a teacher mentor program.

The students and parents were also the first group to be officially informed about the Canobolas Human Powered Vehicle Racing Team. Human powered vehicle racing is a growing sport amongst businesses, schools, and community groups. Canobolas is behind Orange’s bid to get the track up and running here for the hosting of a 6hr endurance race next year. Canobolas is aiming to have a race team with two very competitive cars competing in the national circuit of races in the coming years. CHPA athletes are the perfect ones to approach stated Mal Kay, the organiser of the race team. He said the engineers in the school will be maintaining the vehicles and making them as fast as the CHPA engines can push them. The school’s Home economics students guided by our nutrition consultant will be preparing the fuel we need to keep us going in the gruelling event. It is something special for Orange and something that we are surely going to hear more about in the coming years.

The CHPA program officially starts for the athletes in 2015 where students will attend a 3 day testing and induction camp held at CSU in February.

Members and Scholarship Awards:- in Red

- Harrison Betts (Basketball)
- William Christopherson (Rugby League, Touch)
- Jack Connors (Athletics)
- Samantha Coppock (Dance)
- James Gogala (Basketball)
- Matthew Gray (Basketball)
- Aiden Kelly (Softball)
- Georgia Kiel (Softball)
- Emily Melnik (Football, Dance)
- Emily Merchant (Dance)
- Kane Mitchell (Rugby League, Touch)
- Erin Naden (Netball, Touch)
- Callan Naden (Rugby League, Touch)
- Harry Pearce (Cricket)
- Alyssa Reid (Dance)
- Mackenzie Reith-Snare (Softball, Hockey)
- Bradlee Roberts (Lawn Bowls)
- Ben Zegzula (Basketball)
Open Girls Softball Success and Western Reps
On Wednesday 19th November, the Canobolas Open Girls softball team competed in the annual Western Girls Knockout competition. We competed against Orange High, Blayney High and Mudgee High. Although we had some inexperienced players, Canobolas displayed outstanding skill, teamwork and sportsmanship. The more experienced players showed great leadership by helping the younger girls with strategies and fielding and batting techniques.

There were many outstanding individual performances. Some highlights include strong batting from Eliza Kiel, Ash Kelly and Lily Morrison, pitching from Maddie Gogala, catching and enthusiasm from Georgia Kiel and tidy outs made my Caitlin Masila and Hannah Shepherd on base.

Following the Knockout competition, we had three Canobolas girls trial for the 2015 Western Softball Team. A big congratulations goes Eliza and Georgia Kiel and Maddie Gogala for their selection in the Western Team.
Good Luck in the CHS Championships in Lismore in 2015.

Also, a big thanks goes to Mac Reith-Snare for umpiring and Stella Kiel for scoring and supporting the team. Well Done Canobolas!

Miss Daisy Morrissey

PDHPE TOPICS
Year 7 ‘Eat Right, Be Right – Healthy Lifestyle
Year 8 ‘Look at me it’s Puberty’ into It’s My Body, It’s My Call - Relationships
Year 9 ‘Let’s Talk About Sex’ - Choices and Consequences
Year 10 ‘Move it Your Way Everyday’, Active for the Future into ‘Learn and Earn’
Year 11 HSC Core 1

All students will have some form of assessable tasks to complete this term. For some years it will be in the form of an exam and others a set task to be completed in class / at home.

It is important to remember that the marks from assessment tasks are combined with students’ effort and participation in practical lessons to form a grade for reports. Non completion of assessment tasks limits the ability of teachers to accurately assess each student fairly. All work must be completed and handed in on time.
**PDHPE Assessment Reminders**

<table>
<thead>
<tr>
<th>Task</th>
<th>Due</th>
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</thead>
<tbody>
<tr>
<td>Yr 7 PDHPE Healthy Eating Task</td>
<td>Now OVERDUE</td>
</tr>
<tr>
<td>Yr 8 PDHPE Look at me its puberty Test</td>
<td>Completed</td>
</tr>
<tr>
<td>Yr 9 PDHPE Respect Questionnaire in class</td>
<td>Completed</td>
</tr>
<tr>
<td>Yr 10 PDHPE Final exam</td>
<td>Completed</td>
</tr>
<tr>
<td>Yr 11 PDHPE Core 1 Assessment Task</td>
<td>Term 1 2015</td>
</tr>
</tbody>
</table>

#Please check the table above for your class.

**Crossroads Camp a First for Canobolas High Students**

**CROSSROADS FOR ALL YEAR 10**
**WEDNESDAY - FRIDAY...**

**Where** - Sydney Academy of Sport and Recreation- Narrabeen OR Canobolas High School

**When** - Wednesday 3-12-14 returning Friday 5-12-14 (Wk 9 Term 4)

**Who** - All current Year 10 students

**General Details** - If you are in Year 10 you will be completing Crossroads either at camp or at school Wednesday 3- Friday 5 December. School will run as normal during camp time and students will complete an alternative theory/online activities booklet to be submitted to the Principal for accreditation of course completion before the end of Week 10.

For those who are able to attend the course in Sydney:

**Leaving** - Orange Railway station at 6:00am on Wednesday 3 December

**Returning** - Friday, arriving in the evening approx 7:00pm to the Orange Railway Station.

For more information about the program and accommodation you can check out:- http://www.dsr.nsw.gov.au/sydneyacademy/

**What to do next**-

Make sure you get a packing list and be on time to catch the bus!

If you have any questions or queries please contact:
Baden Curran (Year Adviser) or
Mark Skein (Head Teacher PD/H/PE) Ph 63621677

Mr Skein
Head Teacher PDHPE
Returning Texts
Now that students have completed their yearly examinations and as it approaches the end of the year, it is very important that students return any texts they have borrowed from the English faculty in 2014. I would encourage all students to have a look around their homes, rooms and bags for any books that belong to the school and return them to their English teacher as soon as possible so that they are ready to use at the beginning of 2015. Thank you in anticipation for your contribution and effort to get these texts back to the school.

Year 12 – Signing Out
Students in Year 12 have now completed their HSC examinations and many students will be going through the process of signing out of school. Year 12 students need to return any texts that they have borrowed from the English faculty throughout their studies at The Canobolas Rural Technology High School as without the return of these resources, it will not be possible for them to complete the sign out process.

English Faculty at TCRTHS Roadshow
The English faculty have enjoyed great success during the Roadshow for Year 5 and 6 students and their parents. These are very exciting events and the English faculty has some fantastic activities and displays to put on show. We will be showcasing some of the school iPads that are commonly used for literacy learning within English classes. We will have a display of our engaging and exciting junior texts, that students in Years 7 and 8 study at TCRTHS. We will also have samples of student work so that you can see the exciting things that happen within English classes. Staff from the English faculty will be more than happy to talk to you about the English program that we offer at the school. We can’t wait to see you there!

READ Centre 2015
In 2015 the English faculty are excited to announce the launch of the READ Centre. READ stands for, READ, EXPLORE, ACHIEVE and DISCOVER and will expand upon the current Accelerated Reader program offered to our students. As part of the English program, students in Years 7-10 will access the READ Centre on a regular basis, read a variety of texts that they are interested in and complete a variety of learning activities that tap into their learning styles and interests. Stay tuned in 2015 for more information about this exciting program.

Upcoming Assessment Tasks
Use the table below to quickly view when upcoming assessment tasks are due. Students should check with their classroom teacher to confirm their specific due date during the following weeks:

<table>
<thead>
<tr>
<th>Week</th>
<th>Task</th>
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</thead>
<tbody>
<tr>
<td>Week 8</td>
<td>Year 11 English Advanced – Oral Presentations</td>
</tr>
<tr>
<td>Week 8</td>
<td>Year 11 English Standard – Oral Presentations</td>
</tr>
<tr>
<td>Week 8</td>
<td>Year 11 English Studies – Class Assessment Tasks Due</td>
</tr>
</tbody>
</table>

Mr N Williams
Head Teacher English
Canobolas Engineering Week - 24th - 28th November. Promoting Science, Technology, Engineering and Mathematics (STEM) education through hands-on practical challenges based in the real world.

Engineers Without Borders from University of Sydney worked with our Year 9 and 10 IT Engineering students on Monday, making prosthetic limbs. The classes were taken through how this is done in Australia and then compared how it’s done in countries like Cambodia where residents do not have the same access to medical science as us. In these countries, everyday people have to make their own prosthetic limbs for things they can find in their everyday lives and our students had to use plungers, pipe, sticks, tape and rope to make a limb that would allow them to walk 4 metres without falling over.

Keep an eye out for the videos of the limb tests on our Facebook page!

Mr Matt Scott
Head Teacher of Industrial Arts
If your child is attending our school next year in Year 7, please ensure that you have completed an Application for Enrolment. It is important that a completed enrolment form is received at our school **AS SOON AS POSSIBLE** so that enrolments can be finalised before next year.

Mrs E Richard 6362 1677

**OVERDUE LIBRARY BOOKS**

Students with overdue library books are reminded to return them as soon as possible. A list of students with overdue books is posted on the noticeboard outside the library. Please check your room for any stray books that may belong in our library. There are no fines for overdue books. We would appreciate if all books are returned before the end of term.

Thank you.

**BOOK PACKS 2015**

For 2015 Bookpacks will be available to students in Years 8, 9 & 10. These packs are similar to the Year 7 packs that are sold every year. You can order and pay for them at the front office and they will be available for pick up the first week on school in 2015. **Orders need to be placed by Monday 8th December 2014**

**Each pack will contain:**

- 3 blue pens
- 1 red pen
- 1 eraser
- 1 sharpener
- 1 pencil
- 1 ruler

**And exercise books as required for the core subjects for each year**

**The cost will be**

- Year 8 2015 - $25
- Year 9 2015 - $20
- Year 10 2015 - $20
Dear Parent/Caregiver.

In preparation for the Bring Your own Device initiative, Canobolas Rural Technology High School is recommending the following devices that will provide the necessary features for the development of 21st Century Learning skills by our students.

Many of our Computer retailers in Orange are aware of the BYOD program and have been given the required specifications for the following devices to operate efficiently on our network. Look out for the “BYOD Ready” sticker: All prices are recommended retail prices only.

**Models of choice include:**

**Tablets**

<table>
<thead>
<tr>
<th>Device</th>
<th>Price</th>
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<tbody>
<tr>
<td>HP 10 Plus</td>
<td>$300</td>
</tr>
<tr>
<td>Samsung Galaxy Tab 4</td>
<td>$348</td>
</tr>
<tr>
<td>Apple iPad Air 16Gb</td>
<td>$500</td>
</tr>
<tr>
<td>Lenovo Yoga Tab 2 16GB</td>
<td>$399</td>
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</table>

**Laptops**

<table>
<thead>
<tr>
<th>Device</th>
<th>Price</th>
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<tbody>
<tr>
<td>HP Pavilion 10&quot;</td>
<td>$250</td>
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<tr>
<td>HP Chromebook 11&quot;</td>
<td>$350</td>
</tr>
<tr>
<td>Samsung Chromebook</td>
<td>$350</td>
</tr>
<tr>
<td>HP Pavilion 11 Beats Audio</td>
<td>$500</td>
</tr>
<tr>
<td>ASUS T100 Transformer 2 in 1</td>
<td>$498</td>
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**Performance Devices**

<table>
<thead>
<tr>
<th>Device</th>
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<tbody>
<tr>
<td>Lenovo ThinkPad 11e Windows 8</td>
<td>$760</td>
</tr>
<tr>
<td>Microsoft Surface 3</td>
<td>$979</td>
</tr>
<tr>
<td>Apple MacBook Air 11&quot;</td>
<td>$1099</td>
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</tbody>
</table>

Please contact the school if you have any questions regarding the implementation of BYOD or check the website for further information:

Cybersmart TIP#17
Excessive Use
Too much time online can impact on your health and wellbeing, family, relationships, work or education.

To find out more about how you can keep your child safe online attend the upcoming cybersafety presentation schedule in your school.

Session details:
@ Orange High School Tues 9th Dec 14
Teacher Session - 4 pm
Parent Session - 6 pm Held in the PAC

www.cybersmart.gov.au
NETBALL CUP & CLINIC

LIFE Personal Training Health & Fitness Studio

HeartKids

Saturday 7th February 2015
9AM to 12.30PM
$45 per child

PCYC Netball Courts – Orange

For more information call Mardi on 0416 112 885 OR email mardi@life-studio.com.au

Registration closes on 23/01/15 or a $5 late fee will be incurred

All money raised supports children with heart disease & their families